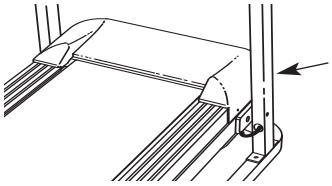
WESLO®

CADENCE 200

USER'S MANUAL

Model No. WETL14805.1
Serial No. _____

Write the serial number in the space above for future reference.



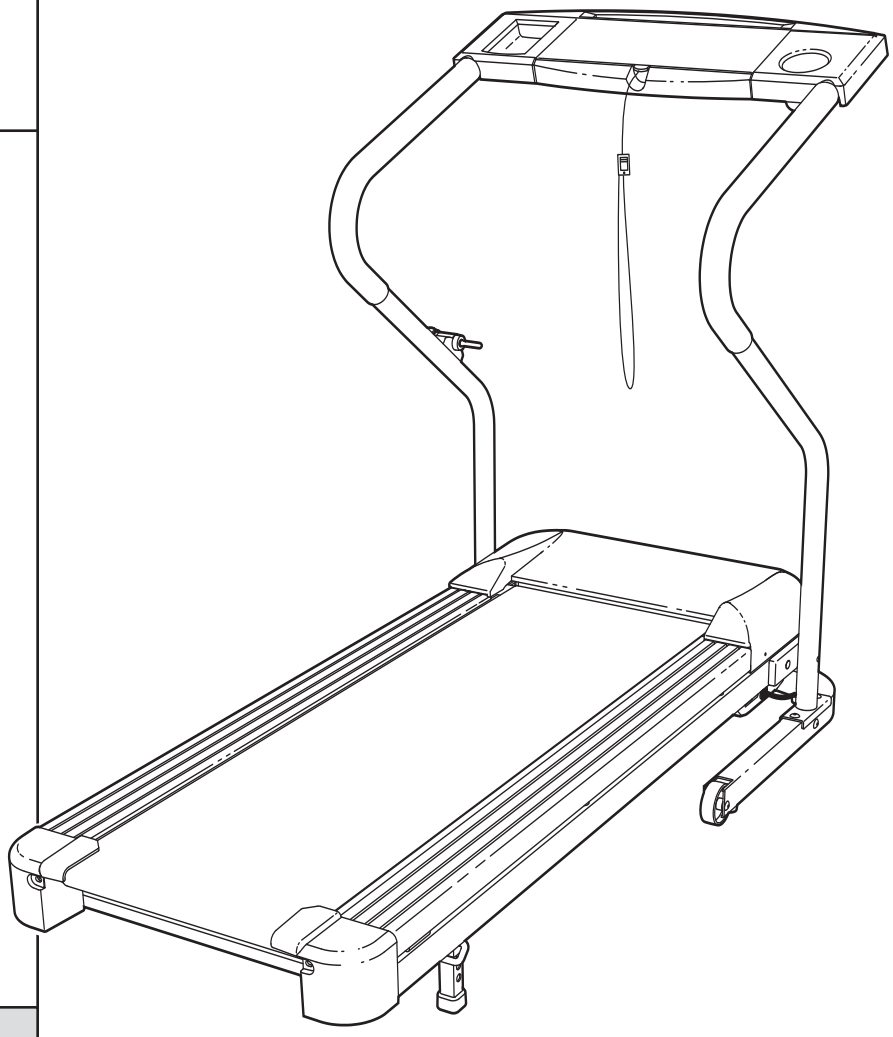
QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

or write:
ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

email: csuk@iconeurope.com



⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

Visit our website at

www.iconeurope.com

WESLO®

CADENCE 200

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Note: A PART IDENTIFICATION CHART, an EXPLODED DRAWING, and a PART LIST are attached in the center of this manual.

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IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of burns, fire, electric shock, or injury to persons, read the following important precautions and information before operating the treadmill.

1. **It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.**
2. **Use the treadmill only as described.**
3. **Place the treadmill on a level surface, with at least 2.5 m (8 ft.) of clearance behind it and 0.5 m (2 ft.) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.**
4. **Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.**
5. **Do not operate the treadmill where aerosol products are used or where oxygen is being administered.**
6. **Keep children under the age of 12 and pets away from the treadmill at all times.**
7. **The treadmill should not be used by persons weighing more than 115 kg (250 lbs.).**
8. **Never allow more than one person on the treadmill at a time.**
9. **Wear appropriate exercise clothes while using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.***
10. **When connecting the power cord (see page 10), plug the power cord into an earthed circuit. No other appliance should be on the same circuit. When replacing the fuse, an ASTA approved BS1362 type should be fitted to the fuse carrier. A 13 amp fuse should be used.**
11. **If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).**
12. **Keep the power cord away from heated surfaces.**
13. **Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING if the treadmill is not working properly.)**
14. **Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.**
15. **The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.**
16. **The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
17. **Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and move the on/off switch to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the on/off switch.)**
18. **Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY and HOW TO MOVE THE TREADMILL.) You must be able to safely lift 45 pounds (20 kg) to raise, lower, or move the treadmill.**
19. **Do not change the incline of the treadmill by placing objects under the treadmill.**
20. **When folding or moving the treadmill, make sure that the storage latch is fully closed.**
21. **Inspect and properly tighten all parts of the treadmill regularly.**
22. **Never drop or insert any object into any opening.**

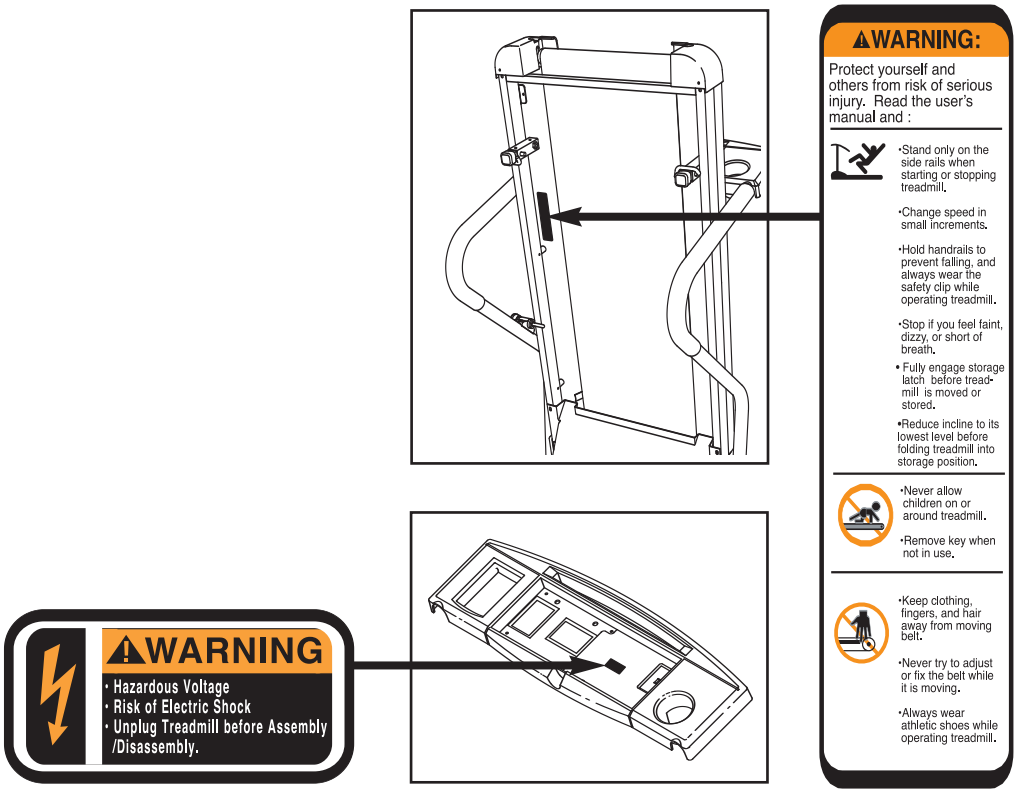
23. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.

24. This treadmill is intended for in-home use only. Do not use this treadmill in any commercial, rental, or institutional setting.

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

SAVE THESE INSTRUCTIONS

The decal shown here has been placed on the treadmill. If the decal is missing, or if it is not legible, call the toll-free telephone number on the front cover of this manual and order a free replacement decal. Apply the decal in the location shown. Note: The decal is not shown at actual size.

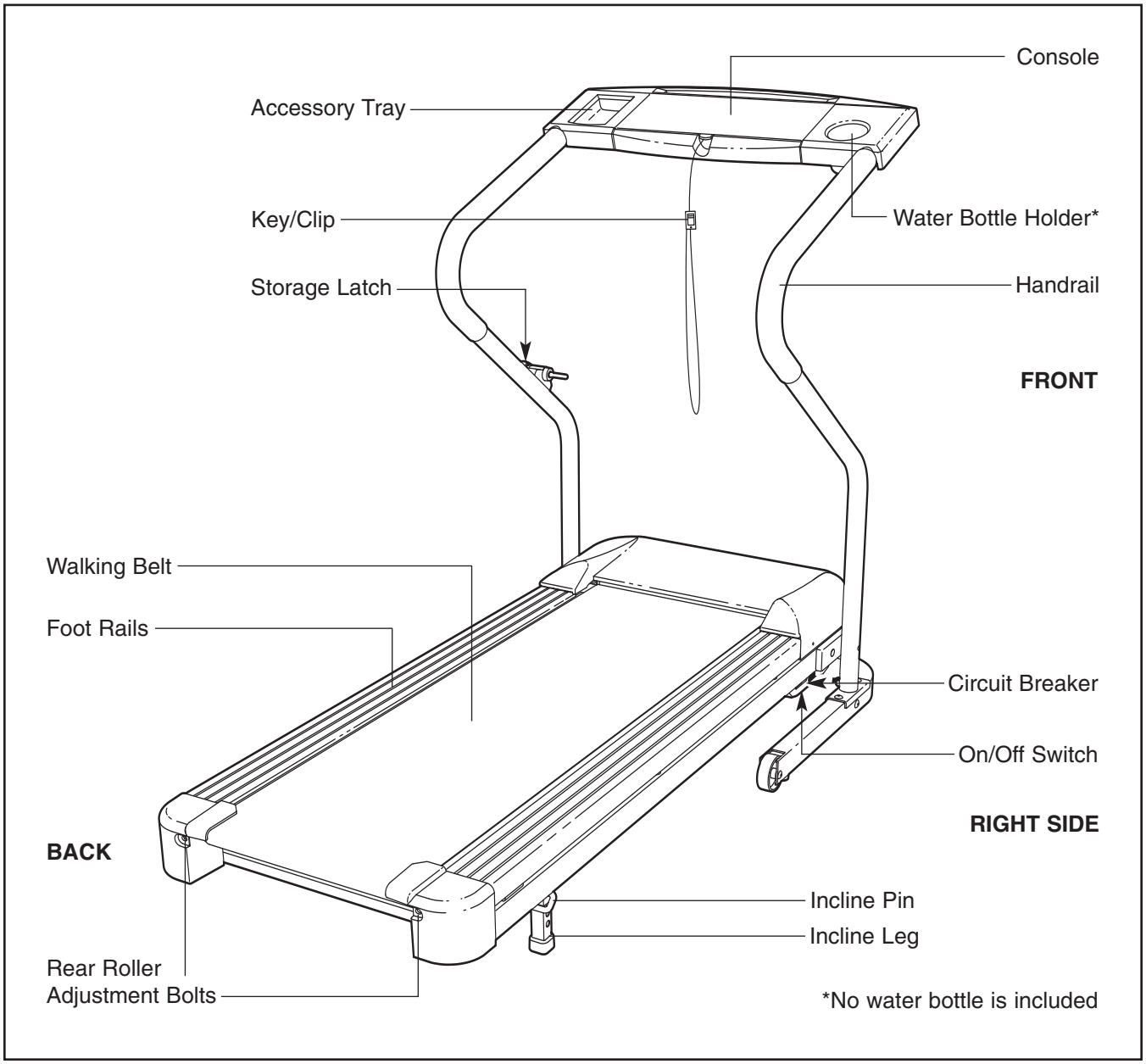

⚠WARNING:
Protect yourself and others from risk of serious injury. Read the user's manual and :
•Stand only on the side rails when starting or stopping treadmill.
•Change speed in small increments.
•Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
•Stop if you feel faint, dizzy, or short of breath.
• Fully engage storage latch before treadmill is moved or stored.
•Reduce incline to its lowest level before folding treadmill into storage position.
•Never allow children on or around treadmill.
•Remove key when not in use.
•Keep clothing, fingers, and hair away from moving belt.
•Never try to adjust or fix the belt while it is moving.
•Always wear athletic shoes while operating treadmill.
⚠WARNING
• Hazardous Voltage
• Risk of Electric Shock
• Unplug Treadmill before Assembly /Disassembly.

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® CADENCE 200 treadmill. The CADENCE 200 treadmill is designed to help you reach your exercise goals in the convenience and privacy of your home. And when you're not exercising, the unique CADENCE 200 can be folded up, requiring less than half the floor space of other treadmills.

or your benefit, read this manual carefully before using the treadmill. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, please note the product model number and serial number before contacting us. The model number of the treadmill is WETL14805.1. The serial number can be found on a decal attached to the treadmill (see the front cover of this manual for the location).

Before reading further, please familiarise yourself with the parts that are labelled in the drawing below.



ASSEMBLY

Assembly requires two persons. Set the treadmill in a cleared area and remove all packing materials; **do not dispose of the packing materials until assembly is completed.**

Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, a small amount of lubricant may be transferred to the top of the walking belt or the shipping carton. This does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner.

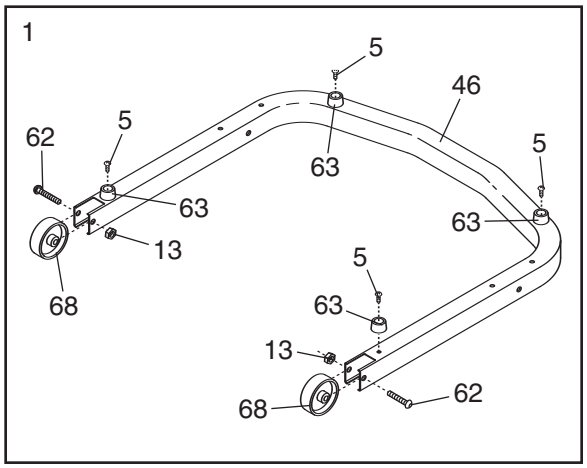
Assembly requires the included hex keys and your own phillips screwdriver , two adjustable spanners , and needlenose pliers .

To identify the assembly hardware, see the PART IDENTIFICATION CHART in the center of this manual.

⚠ WARNING: Do not plug in the power cord until the treadmill is completely assembled.

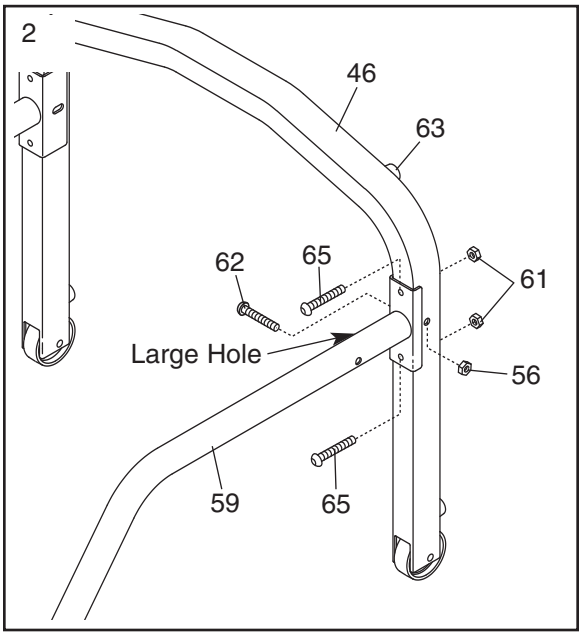
1. Orient the Base (46) so the holes for the four Base Pads (63) are on top. Attach the four Base Pads to the Base with the four 1" Tek Screws (5).

   Attach the two Wheels (68) to the Base (46) with two 2" Bolts (62) and two Wheel Nuts (13) as shown. **Do not overtighten the Bolts; the Wheels must be able to turn freely.**

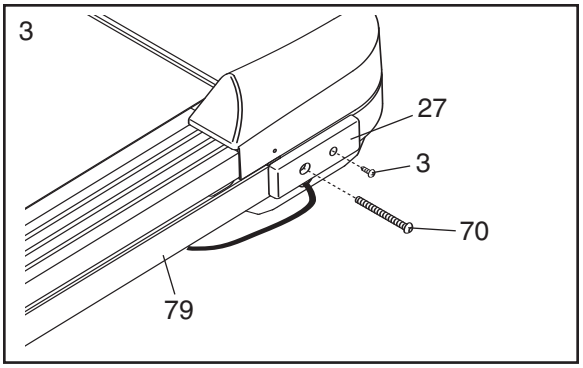


2. Identify the Right Handrail (59), which has a large hole in one side. Have a second person hold the Base (46) in a vertical position, with the Base Pads (63) on the side shown. Next, hold the Right Handrail against the Base so the large hole is in the position shown. Attach the Right Handrail with two 2 1/2" Bolts (65) and two 5/16" Nuts (61), and a 2" Bolt (62) and a 3/8" Nut (56) as shown. **Do not tighten the Bolts yet.**

   Attach the Left Handrail (not shown) to the Base (46) in the same way.

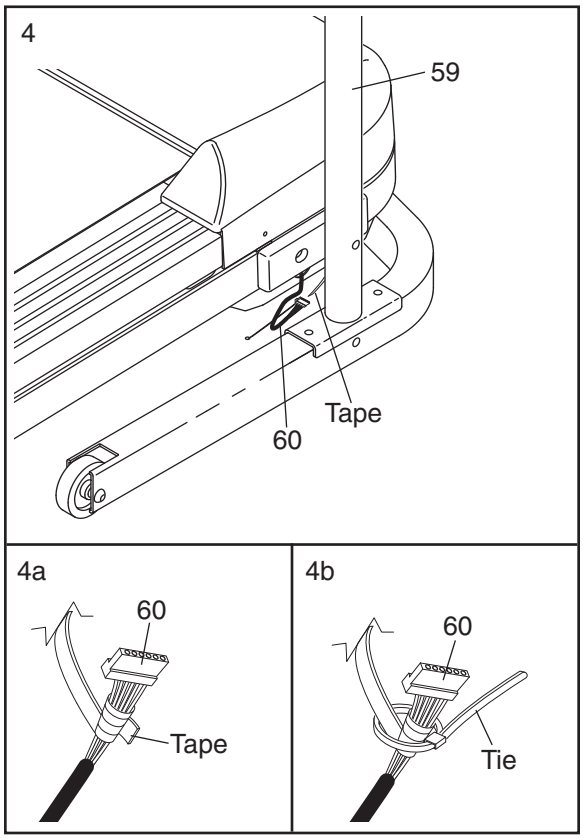


3. Hold a Frame Spacer (27) against the right side of the Frame (79) as shown. Insert a 4" Bolt (70) into the indicated hole in the Frame Spacer and the Frame. Next, tighten a 3/4" Tek Screw (3) into the Frame Spacer and the Frame. Then, remove the Bolt. Repeat this step on the other side of the Frame.



4. Raise the Right Handrail (59) and the Left Handrail (not shown) so the Base (46) is flat on the floor. Position the Handrails near the Frame (79).

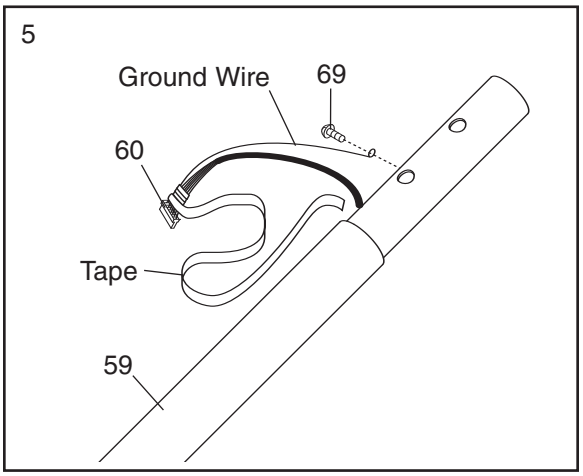
   Locate the Wire Harness (60). Next, locate the long piece of tape in the large hole near the lower end of the Right Handrail (59). Wrap the end of the tape around the end of the Wire Harness as shown in drawing 4a. Then, tighten the included plastic tie securely around the tape and the Wire Harness as shown in drawing 4b.



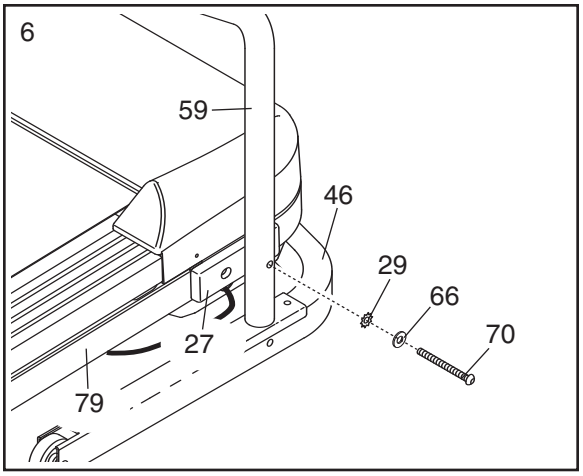
5. Carefully pull the opposite end of the tape to pull the Wire Harness (60) up through the Right Handrail (59) and out of the hole in the side of the Right Handrail.

   Attach the end of the ground wire to the Right Handrail (59) with the Silver Ground Screw (69).

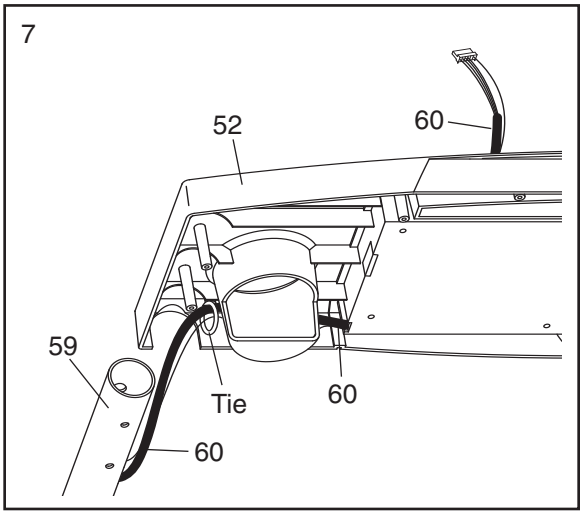
   Remove the tape from the Wire Harness (60).



6. With the help of a second person, lift and hold the Frame between the Handrails. Finger tighten a 4” Bolt (70) with a 3/8” Washer (66) and a 3/8” Star Washer (29) through the Right Handrail and the Frame Spacer (27) into the Frame. **Do not tighten the Bolt yet.** Repeat this step on the left side of the treadmill.

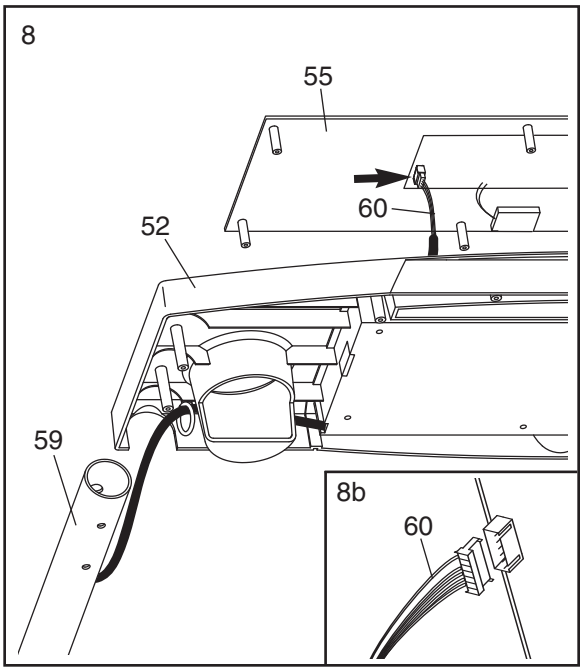


7. Hold the Console Base (52) near the Right Handrail (59) and the Left Handrail (not shown). Insert the Wire Harness (60) through the looped plastic tie and then through the hole in the Console Base.



8. Hold the Console (55) near the Console Base (52). **Touch the Right Handrail (59) to discharge any static.**

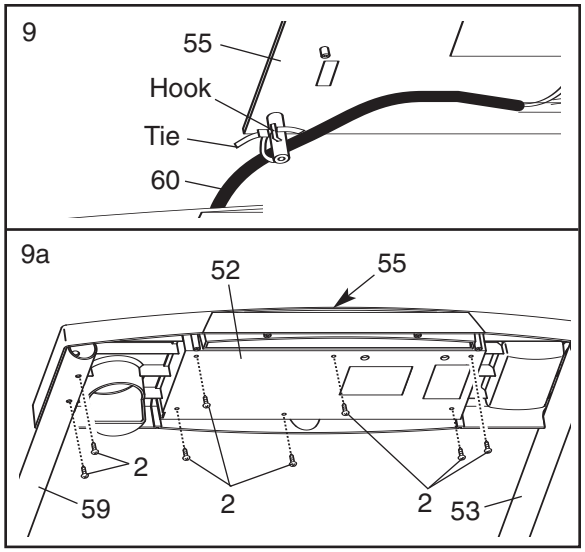
   Connect the end of the Wire Harness (60) to the back of the Console (55) in the location shown by the arrow. **The connector should slide easily into the socket and snap into place** (see drawing 8b). If the connector does not slide easily and snap into place, turn the connector and then insert it. **IF THE CONNECTOR IS NOT INSERTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.**



9. Securely tighten a plastic tie around the Wire Harness (60) and under the indicated hook on the Console (55) to prevent the Wire Harness from slipping. Tighten the plastic tie and cut off the end.

   See drawing 9a. Set the Console (55) in the Console Base (52). **Make sure that the Wire Harness (not shown) is not pinched.** Next, set the Console Base on the Handrails (53, 59). Insert as much of the Wire Harness as possible into the hole in the Right Handrail (59). See step 7. Tighten the plastic tie and cut off the end.

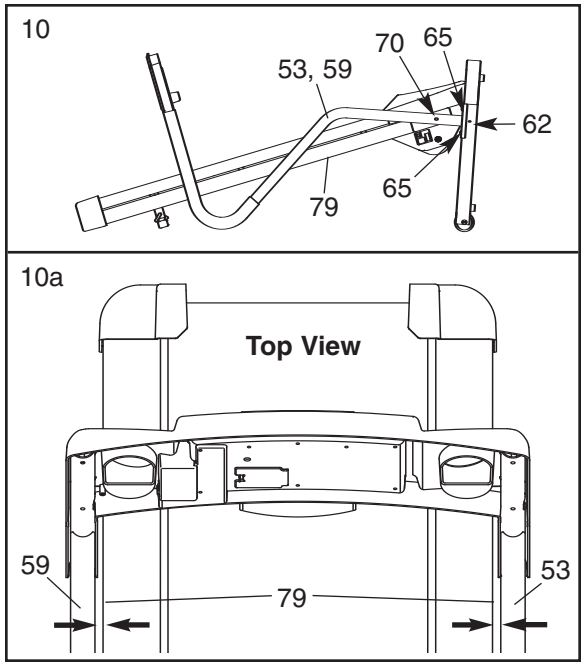
   Loosely thread six 3/4" Screws (2) into the Console Base (52) and the Console (55). Loosely thread four 3/4" Screws into the Handrails (only two Screws are shown). **Start all ten Screws and then tighten them; do not overtighten the Screws.**



10. Lower the Handrails (53, 59) until they are touching the floor.

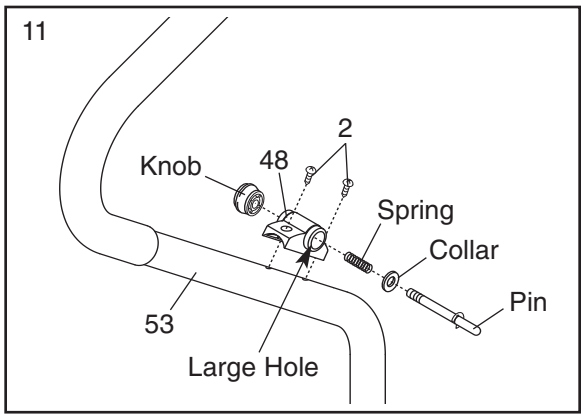
    See 10a. Position the Handrails (53, 59) so the treadmill Frame (79) is centered between them.

    Firmly tighten the four 2 1/2" Bolts (65), the two 2" Bolts (62), and the two 3 1/2" Bolts (70). **Be careful not to overtighten the Bolts.**



11. Orient the Latch Housing (48) so the large hole is on the indicated side. Attach the Latch Housing to the Left Handrail (53) with two 3/4" Screws (2); **start both Latch Screws and then tighten them.**

    Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (48). Then, tighten the knob back onto the pin.



12. **Make sure that all parts used in assembly are properly tightened before you use the treadmill.** Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see page 17). To protect the floor or carpet, place a mat under the treadmill.

OPERATION AND ADJUSTMENT

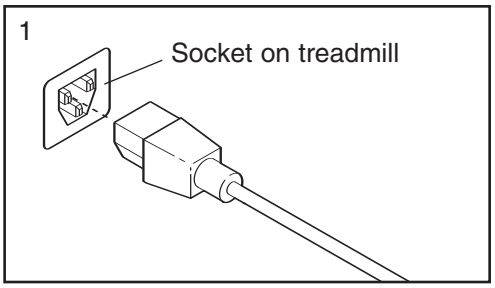
THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

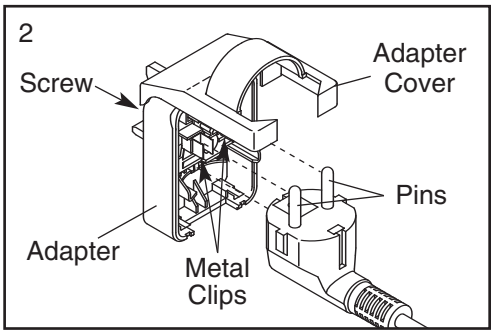
HOW TO PLUG IN THE POWER CORD

This product must be earthed. If it should malfunction or break down, earthing provides a path of least resistance for electric current to reduce the risk of electric shock. This product is equipped with a power cord having an equipment-earthing conductor and an earthing plug. **Important: If the power cord is damaged, it must be replaced with a manufacturer-recommended power cord.**

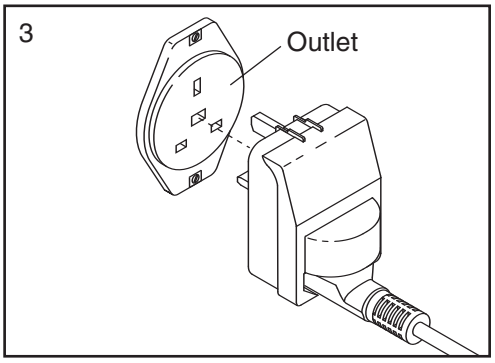
See drawing 1. Plug the indicated end of the power cord into the socket on the treadmill.



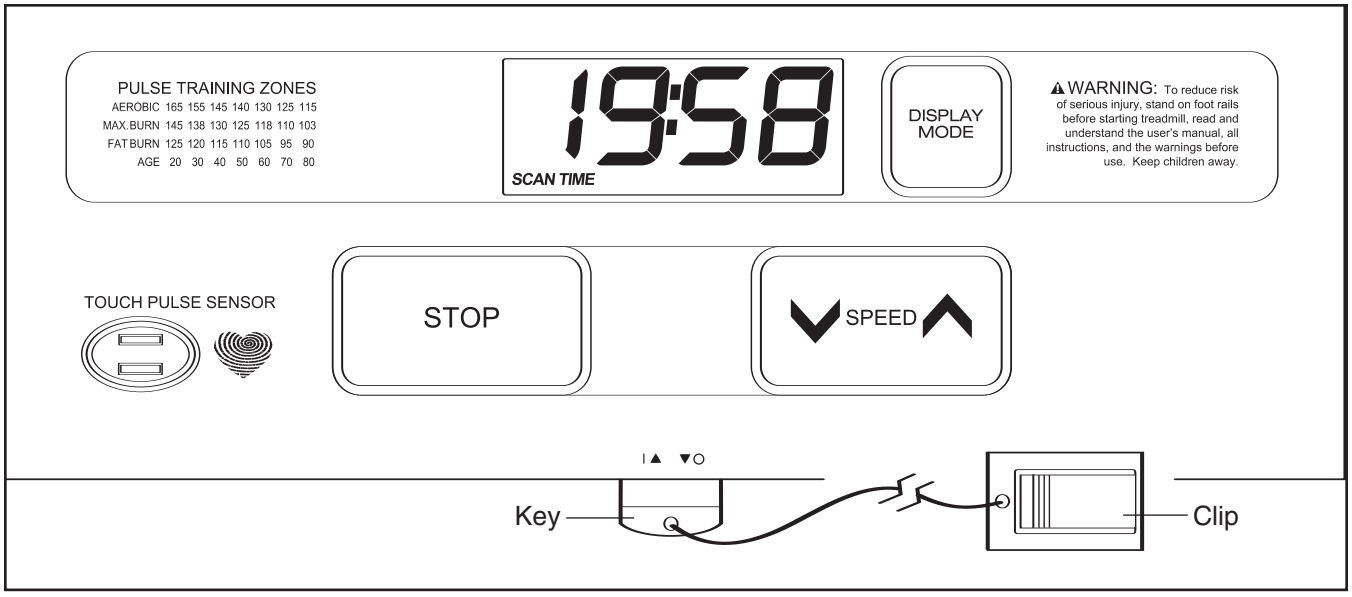
See drawing 2. Press the pins on the power cord into the metal clips in the adapter as shown. Close the adapter cover over the end of the power cord and tighten the screw in the adapter. **Important: Make sure that the adapter cover is secure and the screw has been tightened before using the power cord.**



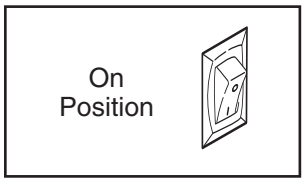
See drawing 3. Plug the power cord into an appropriate outlet that is properly installed and earthed in accordance with all local codes and ordinances. **Important: The treadmill is not compatible with GFCI-equipped outlets.**



⚠ DANGER: Improper connection of the equipment-earthing conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly earthed. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.


PULSE TRAINING ZONES
AEROBIC 165 155 145 140 130 125 115
MAX.BURN 145 138 130 125 118 110 103
FAT BURN 125 120 115 110 105 95 90
AGE 20 30 40 50 60 70 80
19:58
SCAN TIME
DISPLAY MODE
WARNING: To reduce risk of serious injury, stand on foot rails before starting treadmill, read and understand the user's manual, all instructions, and the warnings before use. Keep children away.
TOUCH PULSE SENSOR
STOP
SPEED
Key
Clip

STEP-BY-STEP CONSOLE OPERATION



Before operating the console, make sure that the power cord is properly plugged in (see page 10). Next, locate the on/off switch on the treadmill frame near the power cord, and make sure that the switch is in the "on" position.

Next, stand on the foot rails of the treadmill. Find the clip attached to the key (see the drawing at the top of this page), and slide the clip onto the waistband of your clothes. Then, insert the key into the console; a tone will sound and the display will light. **Test the clip by carefully taking a few steps backward until the key is pulled from the console. If the key is not pulled from the console, adjust the position of the clip.**

Note: If there is a sheet of clear plastic on the face of the console, peel off the plastic. To prevent damage to the walking platform, always wear clean athletic shoes while using the treadmill. The first time the treadmill is used, observe the alignment of the walking belt, and center the walking belt if necessary (see page 17).

Follow the steps below to operate the console.

1 Insert the key fully into the console.

See the instructions at the left.

2 Start the walking belt.

To start the walking belt, press the Speed increase button. The walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons. Each time a button is pressed, the speed setting will change by 0.1 mph; if a button is held down, the speed setting will change in increments of 0.5 mph.

Note: After the buttons are pressed, it may take a moment for the walking belt to reach the selected speed setting. The console can display speed and distance in either miles or kilometers (see step 3 on page 12). For simplicity, all instructions in this section refer to miles.

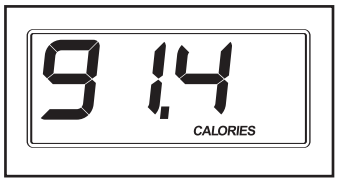
To stop the walking belt, press the Stop button. The time will begin to flash in the display.

3 **Monitor your progress with the display.**

The display features seven modes:

- Time—This mode displays the elapsed time.
- Speed—This mode displays the speed of the walking belt.
- Distance—This mode displays the distance that you have walked or run.
- Calories—This mode displays the approximate number of calories you have burned.
- Fat Calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 18).
- Pulse—This mode displays your heart rate when you use the pulse sensor.
- Scan—This mode displays the time, speed, distance, calories, fat calories, and pulse modes, for a few seconds each, in a repeating cycle. Note: The pulse mode will be displayed only while the pulse sensor is being used.

Each time the key is inserted into the console, the Scan mode will be selected. The SCAN mode indicator will appear in the display, and a second mode indicator will show which mode is currently displayed. Note: If you have selected a different mode, repeatedly press the Display Mode button to reselect the scan mode.



To select the Time, Speed, Distance, Calories, Fat Calories, or Pulse mode for continuous display, repeatedly press the Display Mode button. The mode indicators will show which mode is selected. Make sure that the SCAN mode indicator does not appear.

To reset the displays, press the Stop button, remove the key, and then reinsert the key.

Note: The console can display speed and distance in either miles or kilometers (the letters "MPH" or "Km/H" will appear when the Speed mode is displayed). To change the unit of measurement, first hold down the Stop button while inserting the key into the console, and then release the Stop button. An "E" (for English) or an "M" (for metric) will appear in the display. Press the Speed increase button to change the unit of measurement. Then, remove the key and reinsert it.

4 **Measure your heart rate if desired.**

To measure your heart rate, stand on the foot rails and place your thumb on the pulse sensor (see the drawing at the top of page 11). **Do not press too hard, or the circulation in your thumb will be restricted and your pulse will not be detected.** After a few seconds, the heart-shaped indicator in the display will begin to flash each time your heart beats, one or two dashes will appear, and then your heart rate will be shown. Hold your thumb on the pulse sensor for about 15 seconds for the most accurate reading.

If the displayed heart rate appears to be too high or too low, or if your heart rate is not displayed, lift your thumb off the pulse sensor for a few seconds. Then, place your thumb on the pulse sensor as described above. Remember to stand still while measuring your heart rate.

5 **When you are finished exercising, remove the key from the console.**

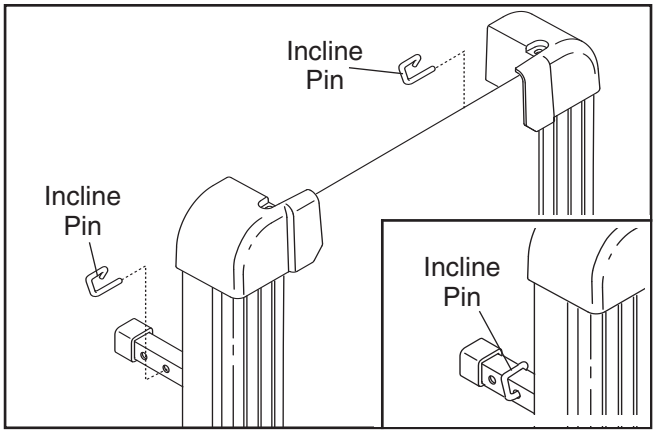
Step onto the foot rails, press the Stop button, and remove the key from the console. Keep the key in a secure place. Then, switch the on/off switch to the "off" position and unplug the power cord.

HOW TO CHANGE THE INCLINE OF THE TREADMILL

To vary the intensity of your exercise, the incline of the treadmill can be changed; there are four incline levels. **Before changing the incline, remove the key and unplug the power cord.** Next, fold the treadmill to the storage position (see HOW TO FOLD THE TREADMILL FOR STORAGE on page 14).

To change the incline, first remove the incline pin from one of the incline legs as shown at the right. Next, adjust the incline leg to the desired height, and fully reinsert the incline pin. Make sure that the incline pin is in the "locked" position shown in the inset drawing.

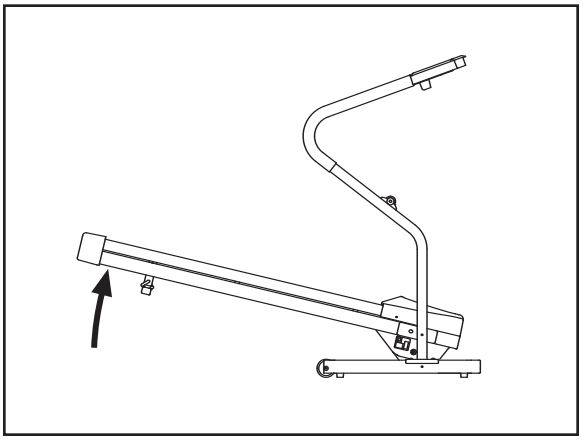
Adjust the other incline leg in the same way. **Make sure that both incline pins are inserted from the direction shown in the drawing.**



CAUTION: Before using the treadmill, make sure that both incline legs are at the same height. Do not use the treadmill with the incline pins removed. After you have adjusted the incline legs, lower the treadmill (see HOW TO LOWER THE TREADMILL FOR USE on page 15).

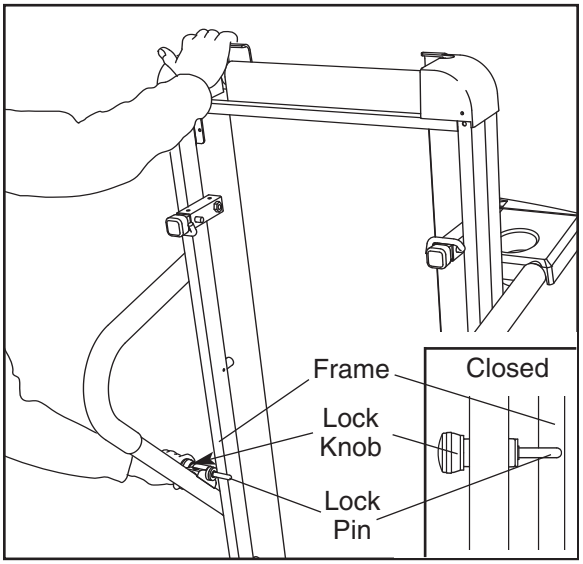
HOW TO FOLD AND MOVE THE TREADMILL

HOW TO FOLD THE TREADMILL FOR STORAGE



Before folding the treadmill, unplug the power cord.
CAUTION: You must be able to safely lift 45 pounds (20 kg) to raise, lower or move the treadmill.

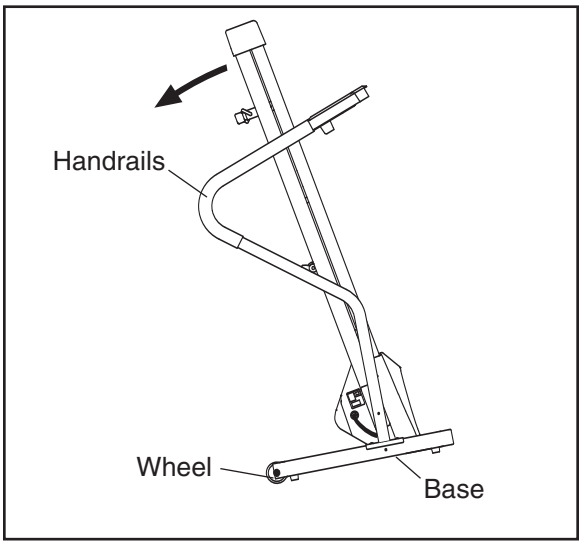
1. Hold the treadmill with your hands in the location shown by the arrow at the right. **To decrease the possibility of injury, bend your legs and keep your back straight. As you raise the frame, make sure to lift with your legs rather than your back.** Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, pull the lock knob to the left and hold it. Raise the treadmill until the frame passes the lock pin. Slowly release the lock knob. **Make sure that the frame is securely held by the lock pin.**

   To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 30° C (85° F).

HOW TO MOVE THE TREADMILL



Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the frame is securely held by the lock pin.**

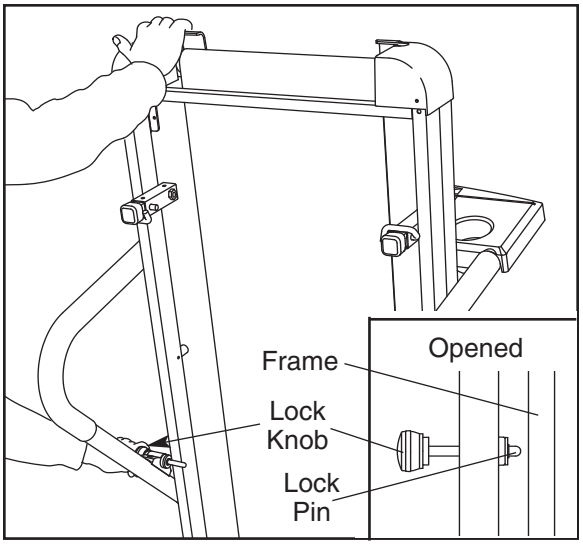
1. Hold the handrails, and place one foot against one of the wheels.

2. Tilt the treadmill back until it rolls freely on the wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**

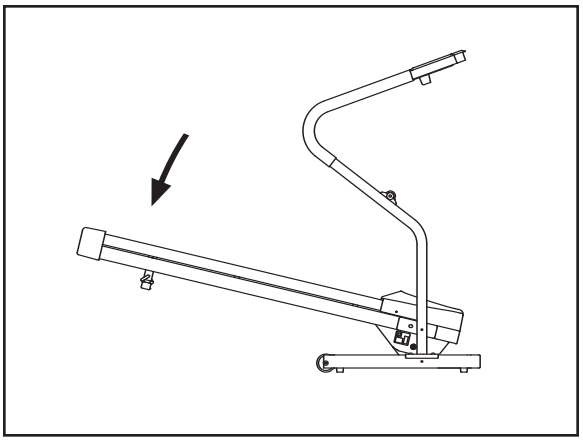
3. Place one foot against one of the wheels, and carefully lower the treadmill to the storage position.

HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand as shown. Using your left hand, pull the lock knob to the left and hold it. Pivot the treadmill down until the frame is past the lock pin. Slowly release the lock knob.



2. Hold the frame firmly with both hands, and lower the frame to the floor. **Do not drop the frame to the floor. To decrease the possibility of injury, bend your legs and keep your back straight.**



TROUBLESHOOTING

Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

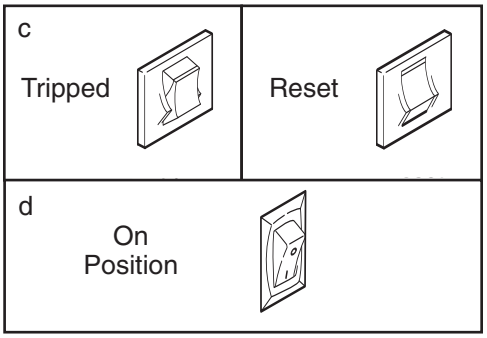
PROBLEM: The power does not turn on

SOLUTION: a. Make sure that the power cord is plugged into a properly earthed outlet (see page 10). If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.). **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is fully inserted into the console.

c. Check the circuit breaker located on the treadmill near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes and then press the switch back in.

d. Check the on/off switch located on the frame near the power cord. The switch must be in the “on” position.



PROBLEM: The power turns off during use

SOLUTION: a. Check the circuit breaker located on the treadmill frame near the power cord (see c. above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

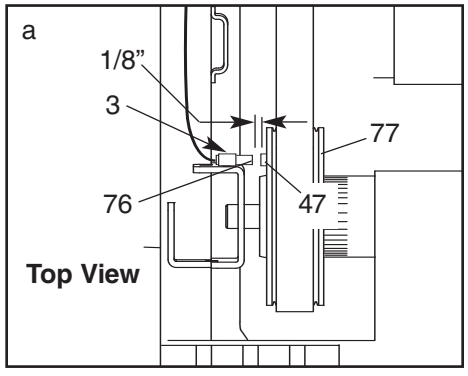
c. Remove the key from the console. Reinsert the key fully into the console.

d. Make sure that the on/off switch is in the “on” position (see d. above).

e. If the treadmill still will not run, please see the front cover of this manual.

PROBLEM: The displays of the console do not function properly

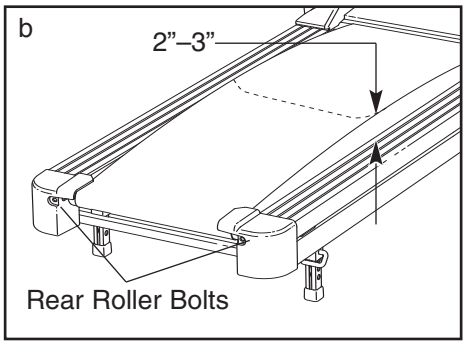
SOLUTION: a. Remove the key from the console and **UNPLUG THE POWER CORD.** Remove the screws from the hood. Carefully remove the hood. Locate the Reed Switch (76) and the Magnet (47) on the left side of the Pulley (77). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8”.** If necessary, loosen the Screw (3), move the Reed Switch slightly, and then retighten the Screw. Reattach the hood, and run the treadmill for a few minutes to check for a correct speed reading.



PROBLEM: The walking belt slows when walked on

SOLUTION: a. If an extension cord is needed, use only a 3-conductor, 1mm^2 (14-gauge) cord that is no longer than 1.5 m (5 ft.).

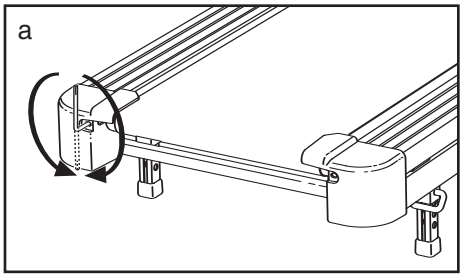
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



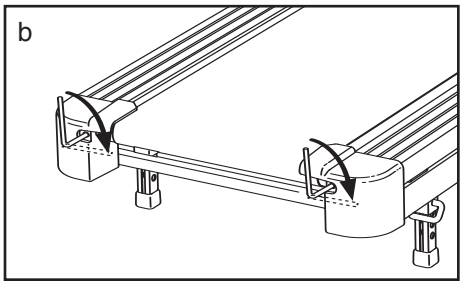
c. If the walking belt still slows when walked on, please see the front cover of this manual.

PROBLEM: The walking belt is off-center or slips when walked on

SOLUTION: a. If the walking belt is off-center, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left,** use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right,** turn the bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.



b. If the walking belt slips when walked on, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each side of the walking belt 2 to 3 inches off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



CONDITIONING GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for individuals over the age of 35 or individuals with pre-existing health problems.

The pulse sensor is not a medical device. Various factors, including your movement, may affect the accuracy of heart rate readings. The sensor is intended only as an exercise aid in determining heart rate trends in general.

The following guidelines will help you to plan your exercise program. For more detailed exercise information, obtain a reputable book or consult your physician.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning and aerobic exercise.

♥	165	155	145	140	130	125	115
♥	145	138	130	125	118	110	103
♥	125	120	115	110	105	95	90
	20	30	40	50	60	70	80

To find the proper heart rate for you, first find your age near the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers define your "training zone." The lower two numbers are recommended heart rates for fat burning; the higher number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses easily accessible *carbohydrate calories* for energy. Only after the first few minutes does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the speed and incline of the treadmill until your heart rate is near the lowest number in your training zone.

For maximum fat burning, adjust the speed and incline of the treadmill until your heart rate is near the middle number in your training zone.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the speed and incline of the treadmill until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A Warm-up—Start each workout with 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate and circulation in preparation for exercise.

Training Zone Exercise—After warming up, increase the intensity of your exercise until your pulse is in your training zone for 20 to 60 minutes. (During the first few weeks of your exercise program, do not keep your pulse in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

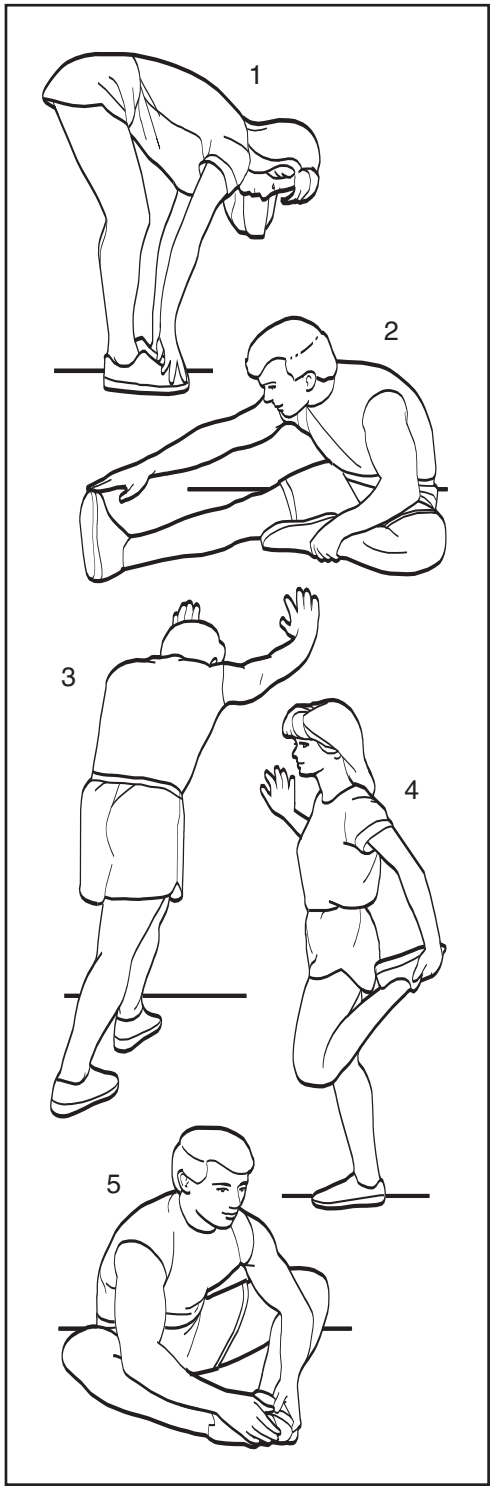
A Cool-down—Finish each workout with 5 to 10 minutes of stretching to cool down. This will increase the flexibility of your muscles and will help prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months, you may complete up to five workouts each week if desired. The key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

PART LIST—Model No. WETL14805.1

R0905A

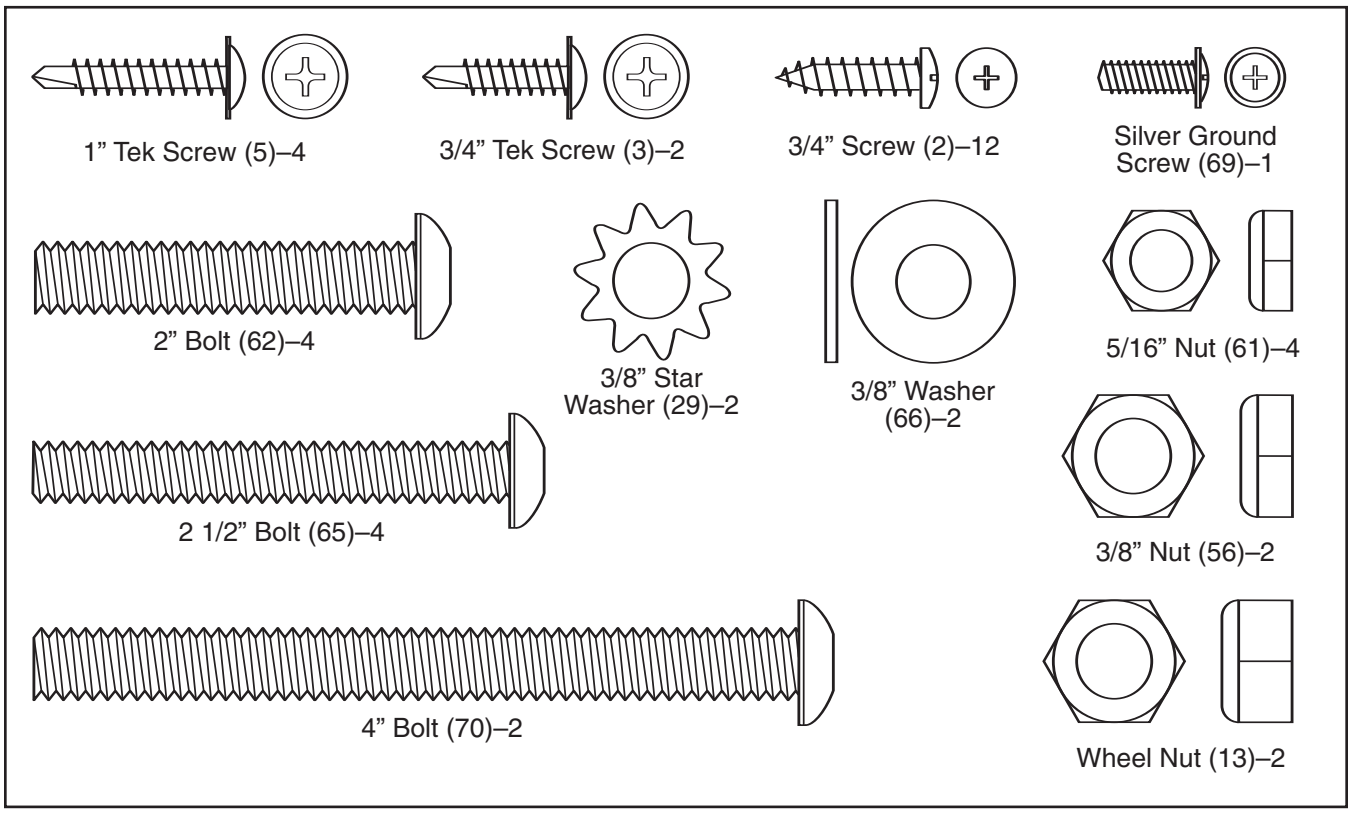
Key No.	Qty.	Description
1	1	Motor Hood
2	13	3/4” Screw
3	16	3/4” Tek Screw
4	5	8” Cable Tie
5	4	1” Tek Screw
6	1	Warning Decal, Console
7	3	Cable Tie Clamp
8	2	Foot Rail
9	4	Isolator
10	4	Front Platform Screw
11	3	Rear Roller Star Washer
12	2	Incline Leg Washer
13	3	Wheel Nut
14	2	Belt Guide
15	4	Belt Guide Screw
16	1	Reed Switch Clip
17	1	Reed Switch Screw
18	2	Hood Anchor
19	1	Drive Motor
20	2	Wire Tie
21	2	Frame U-nut
22	2	Motor Tension Bolt
23	1	Motor Isolator Plate
24	1	Motor Star Washer
25	2	Motor Tension Nut
26	1	Motor Pivot Bolt
27	2	Frame Spacer
28	1	Outlet Adapter
29	2	3/8” Star Washer
30	1	Power Cord
31	1	Controller
32	11	Electronic Screw
33	1	Filter
34	2	Bracket Grommet
35	1	Electronics Bracket
36	1	On/Off Switch
37	1	Circuit Breaker
38	9	Roller Adjustment Washer
39	1	Front Roller Adjustment Bolt
40	2	Plastic Fastener
41	1	Motor Belt
42	1	Receptical
43	2	Rear Roller Adjustment Bolt
44	1	Latch Pin Assembly
45	2	Rear Platform Screw
46	1	Base
47	1	Magnet
48	1	Latch Housing
49	1	Left Endcap
50	1	Motor Bracket
51	1	Key/Clip
52	1	Console Base
53	1	Left Handrail
54	1	Console Cover
55	1	Console
56	2	3/8” Nut
57	2	Handrail Foam
58	1	Belly Pan Grommet
59	1	Right Handrail
60	1	Wire Harness
61	4	5/16” Nut
62	4	2” Bolt
63	4	Base Pad
64	1	Hex Key
65	4	2 1/2” Bolt
66	8	3/8” Washer
67	1	Flywheel
68	2	Wheel
69	1	Silver Ground Screw
70	2	4” Bolt
71	2	Plastic Bushing
72	1	Walking Belt
73	1	Belly Pan
74	1	Walking Board
75	1	Large Warning Decal
76	1	Reed Switch/Sensor Wire
77	1	Drive Roller/Pulley
78	2	Drive Motor Bolt
79	1	Frame
80	2	Incline Pin
81	2	Incline Leg
82	2	Incline Leg Cap
83	1	Right Endcap
84	1	Console Insert
85	1	Rear Roller
86	1	Transformer
#	1	4” Green/Yellow Wire
#	1	8” Red Wire, M/F
#	1	6” Black Wire, M/F
#	1	12” Blue Wire, 2F
#	1	6” Blue Wire, M/F
#	1	8” Blue Wire, 2F
#	1	4” Black Wire, 2F
#	1	8” White Wire, 2F
#	1	8” Green/Yellow Wire, F/Ring
#	1	10” Green/Yellow Wire, F/Ring
#	1	User’s Manual

Note: “#” indicates a non-illustrated part.

Specifications are subject to change without notice. See the back cover of the user’s manual for information about ordering replacement parts.

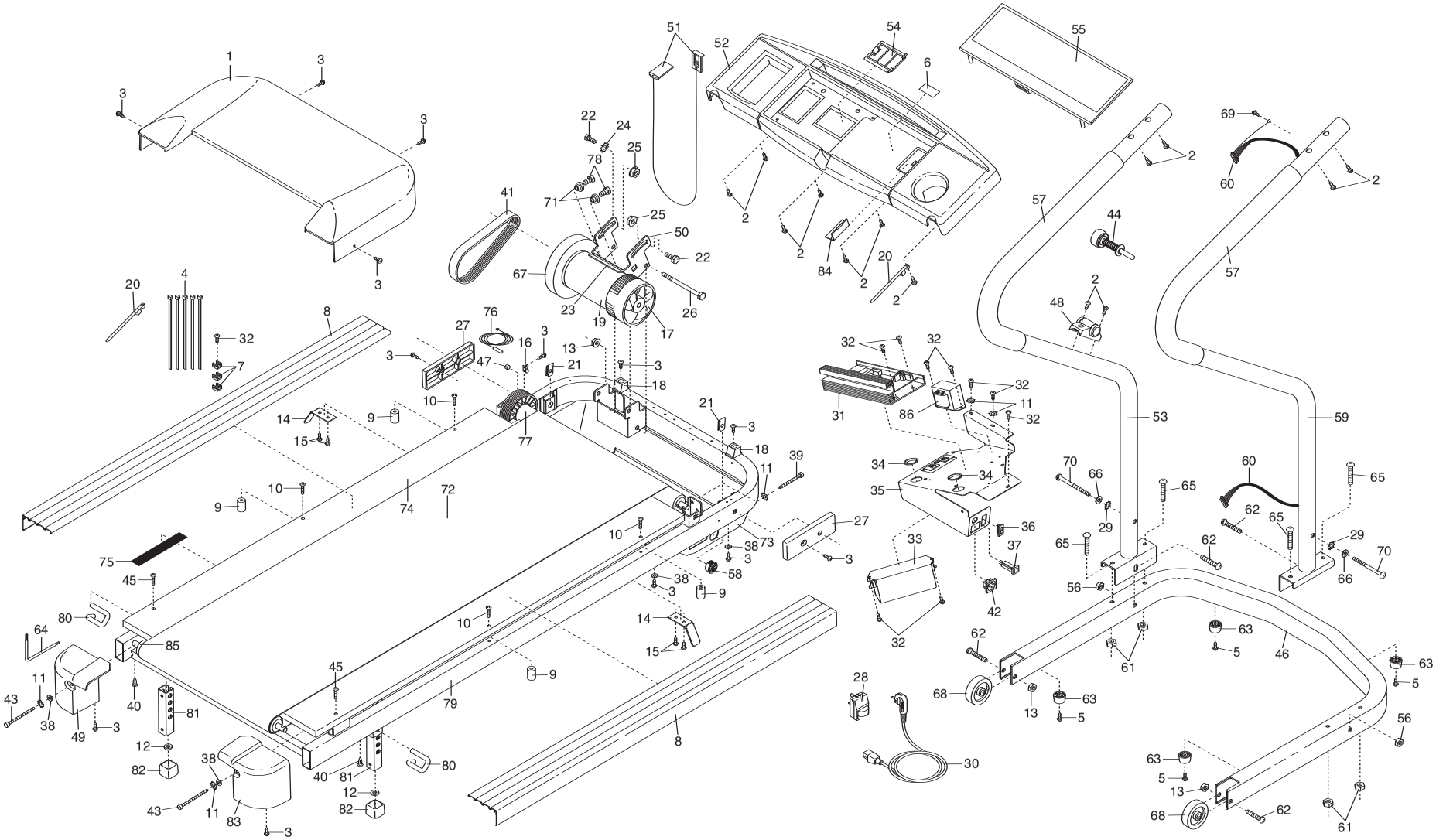
PART IDENTIFICATION CHART

Remove this chart and use it to identify small parts during assembly. Save this chart and the EXPLODED DRAWING/PART LIST for future reference.



EXPLODED DRAWING—Model No. WETL14805.1

R0905A



ORDERING REPLACEMENT PARTS

To order replacement parts, contact the ICON Health & Fitness, Ltd. office, or write:

ICON Health & Fitness, Ltd.
Customer Service Department
Unit 4, Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113 387 7125

To help us assist you, please be prepared to give the following information:

- the MODEL NUMBER of the product (WETL14805.1)
- the NAME of the product (WESLO CADENCE 200 treadmill)
- the SERIAL NUMBER of the product (see the front cover of this manual)
- the KEY NUMBER and DESCRIPTION of the desired part(s) (see the PART LIST and the EXPLODED DRAWING in the centre of this manual)

Part No. 230205 R0905A
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